

WILLIAMSBURG RECREATION DEPARTMENT VOLLEYBALL RULES (2004)

COMPOSITION OF TEAMS & SUBSTITUTIONS: **A)** Co-Rec teams shall consist of 6 legal players to start match play. If, after the match begins, a team is reduced to less than 6 for any reason, the match shall continue provided the team maintains at least 2 females on the court. (In the youth leagues, there are no gender restrictions) In the Co-Rec Leagues, teams must start with at least 3 women and at no time may they have more than 3 men. Also, at no time may two men be adjacent unless separated by a "phantom" female. If both teams are short of 6 players to begin the match and each team has at least four players & two females, or each team is exactly equal in number and sex makeup, the match shall be entirely played. Late players may enter at any dead ball to fill out a shorthanded team. The ghost rule would still apply to a team with less players than their opponents. In the men's, women's & youth leagues, teams may start match play with four players and must maintain that number for the entire match. **B)** In adult leagues, teams that are either reduced to, or start with, less than 6 players must have phantom positions equal to the number of its players on the court subtracted from 6. When a phantom position rotates into the service position, the serve will be forfeited & the opponents will receive a point/side-out in rally scoring or a side-out in regular scoring. If both teams are short by an equal number of players, then the phantom rule will be waived. If one team is short two players, and the other team is short one player, only the team short by two is penalized with one phantom. If an adult Co-Rec team is reduced to less than six players, they may no longer fill in a front row gap(s) by advancing a back row player(s). All players must keep their position relative to teammates or phantoms. However, regardless of the number of players on the court, if there is only one male on the front row, a back row male may move to the front line after the serve is contacted and may only BLOCK (NOT ATTACK) balls that are completely above the net. He must return to his correct position prior to the next serve. This rule replaces, and is effectively the same as, the true co-ed rule which allows a male blocker to come up if there are two females on the front row. **C)** All players and substitutes must be listed on the team roster. **D)** All teams have the option of choosing either "position" substitutions OR substituting at the service for a particular game, but never both. **E)** Teams substituting by position are limited to 15 subs per game. There is no limit on individual substitutions within the restraints of the 15 team substitute rule. Players re-entering the game must assume their original position in the serving order in relation to other teammates. In the event of an injury when all regular substitutions have been used up, the team may make an abnormal substitution in according to USAV rules. **F)** Youth teams and adult teams not using position substitutions may sub only at the service position when they rotate after a side-out, but they may have unlimited subs. If youth teams have more than 6 players, they must sub at each rotation so that all play equally.

LIBERO: Men's & Women's "AA" League teams may use a back row Libero. The Libero can: Replace any back row player; Only be replaced by the player they replaced; Re-enter or be replaced only during a dead ball. The Libero cannot: Play a front row position; Complete an attack hit from anywhere if the ball is above the net; Serve, block, or attempt to block; Hand set in front of the attack line to a teammate who then makes an attack hit above the net. The Libero is not considered a sub, must wear a contrasting uniform, & stays constant for the match.

UNIFORMS & NUMBERS: **A)** Jersey numbers are optional, but **B)** Teams that employ position substitutions or a libero must have numbers.

POSITION OF PLAYERS: At the time the ball is served, the players of each team must be within their respective team areas as follows:

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(4)-Left Forward	(3)-Center Forward	(2)-Right Forward
(5)-Left Back	(6)-Center Back	(1)-Right Back

In the front line, the center forward (3) may not be as near the right sideline as the right forward (2) nor as near the left sideline as the left forward (4). In the back line the center back (6) may not be as near the right sideline as the right back (1) or as near the left sideline as the left back (5). No back line player may be as near the net as the corresponding front line player. After the ball is hit for the serve, players may move from their respective positions.

DURATION OF GAME & CHOICE OF TEAM AREA: **A)** All adult matches shall consist of the best 2 out of 3 games. (All games will use rally point, no cap scoring. In games one and two, the first team to reach 25 points with at least a two point lead is the winner. **A-2)** In all third or deciding games, the first team to reach 15 points with at least a 2 point lead is the winner. **B)** The designated visiting captain will call the toss of a coin with the winner having the option of choosing serve, RECEIVE, or side. **C)** After games one and two, the teams will change sides. **C-2)** For a third or deciding game, the home captain will call the toss. The teams will switch sides when a team reaches 8 points.

TIME OUTS: The playing captain or coach may request time out from the referee when the ball is dead. A team is allowed two time outs per game. The length of a time out is limited to 30 seconds. Two consecutive time outs may be requested by either team without the resumption of play between time outs. If a third time out is requested, it shall be refused. Subsequent requests will be penalized.

COMMENCEMENT OF PLAY & THE SERVICE: **A)** The service area is extended to include the full width of the 9 meter Area behind the end lines. **B)** The service is the act of putting the ball into play by the player in the right back position. After the referee blows the whistle and signals for the serve, the server has **8 seconds** to hit the ball with ONE hand or ARM (open or closed) or any part of the arm to send it over the net into the opponent's area. The ball must be cleanly hit for the service after being clearly released or thrown from the hand(s) of the server. No re-serves will be allowed. At the instant the player hits the ball for the service or takes off for a jump serve, the player must not touch the court nor the playing area outside the lines marking the service area. If the player serves before the referee's whistle, the service is cancelled and a re-serve directed. A second offense will result in a side out. **C)** A player continues to serve until a fault is committed by the serving team. **D)** Serving Faults - **1.** The ball fails to cross the net. **2.** The ball passes under the net. **3.** The ball does not pass over the net completely between the sidelines or antenna and their imaginary vertical extensions. **4.** The ball touches a player of the serving team or any object before entering the opponent's playing area. **E)** If a team has served out of order, the team loses the service and any points gained during such out of order service. The players at fault must immediately resume their correct positions. **F)** The team not serving first in the preceding game of match shall serve first in the next game of a match. **G)** At the moment of service it is illegal for players of the serving team to wave their arms, raise their arms above their heads, extend them horizontally, or form groups of two or more players for the purpose of forming a screen to conceal the action of the server.

RALLY SCORING & CHANGE OF SERVICE: When the serving team commits a fault, a side-out shall be declared. The serve and a point shall be awarded to the opponent's who shall rotate 1 position clockwise before serving. When the receiving team commits a fault, a point is awarded to the serving team.

CONTACTING THE BALL DURING PLAY: **A)** Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. **B)** The ball may be contacted with any part of the body, including the feet! The ball can contact any number of parts of the body providing the contacts are simultaneous and that the ball is not held. The ball must be hit and rebound cleanly. Simultaneous contacts are considered to be a single contact of the 3 allowed to each team. **C)** Players may have successive contacts of the ball during blocking or a single attempt to make the first team hit of a ball coming from the opponents, even if the ball is blocked, so long as there is no prolonged contact. (Note that reference to finger action has been removed) Any other player contacting the ball more than once, with whatever, part of the body, without any other player having touched it between these contacts, will be considered as having committed a double hit fault. **D)** A player who contacts the ball or is contacted by the ball shall be considered as having played the ball. **E)** When the ball comes to rest momentarily in the hands, arms or torso of a player it is considered as being held. The ball must be cleanly hit. Scooping, lifting, pushing, or carrying the ball shall be considered as holding. A ball clearly hit with one or both hands from below the ball is considered a good play. **F)** IN ALL ADULT CO-REC LEAGUES, WHEN THE BALL IS PLAYED MORE THAN **ONCE** BY A TEAM, AT LEAST ONE OF THE CONTACTS MUST BE BY A FEMALE PLAYER.

ATTACK-HIT: All actions directing the ball toward the opponent are considered to be attack-hits, with the exception of serves & blocks. If a player near the net completes an attack-hit in such a manner that the ball is blocked back into the attacking player, such contact is considered a first team contact, not a block. Any third team hit is considered an attack hit.

SIMULTANEOUS CONTACTS: If the ball visibly comes to rest during a "Joust" between two opposing players, play continue as if the contact was instantaneous. After simultaneous contacts by opponents, the team on whose side the ball falls shall have the right to play the ball 3 times. If, after simultaneous contact by opponents, the ball falls out of bounds, the team on the opposite side shall be deemed as having provided the impetus necessary to cause the ball to be out of bounds. When 2 players of the same team contact the ball simultaneously, this is considered as one team contact and any player may make the next play on the ball unless the simultaneous contact was the third team hit.

BLOCKING: Blocking is the action that deflects or contacts the ball coming from the opponent by the player(s) close to the net reaching higher than the net. To be considered a blocker, the player must reach above the net sometime during the effort. A blocker ceases to be a blocker only when he/she returns to the floor or makes a subsequent attempt to play the ball. Blocking may legally be done only by the players who are in the front line at the time of service. Multiple contacts of the ball during a block are legal provided it is during one attempt to intercept the ball, and such multiple contacts shall be counted as a single contact, even though the ball may contact one or more players of the block. Any player participating in a block may make the next contact, such contact counting as the first of three hits allowed the team. Back line players may not block or participate in a block, but may play the ball in any other position near or away from the block. Blocking or attacking a served ball is prohibited. Blocking the ball across the net above the opponent's court shall be legal provided the block is inside the antennas & the block is: Of an opponents attack hit; After the opponents have completed their allowable 3 hits; After the opponents have hit the ball so that it would in the official's judgement, clearly cross the net if not touched by a player, provided no player of the attacking team is in a position to play the ball legally; or, If the ball is falling near the net and no member of the attacking team could reasonably play the ball.

PLAY AT THE NET: **A)** A ball, **INCLUDING A SERVED BALL**, hitting the net between the antennas may be played again. If the ball touches the net after a team's allowable 3 contacts and does not cross the net, the ball is not dead until the ball is contacted for the 4th time or has touched the playing surface. **B)** To be good, the ball must cross the net entirely between the antennas and their indefinite extensions. **C)** It is a fault if a player Who is involved in the action of playing the ball initiates contact with the net during play with any part of the player's body or uniform. If the ball is driven into the net with such force that causes the net to contact a player, such contact is not a fault. **D)** Insignificant contact with the net by a player not involved in the action of playing the ball will be allowed! **E)** A player may touch a post, rope or any other object outside the total length of the net provided it does not interfere with play. **F)** Contacting the opponents playing area with any part of the body except the feet or hands is a fault. Contact with the feet or hands is not a fault providing that some part of the encroaching foot or hand remain on or above the center line. It is not a fault to cross the assumed extension of the center line outside the playing area. **G)** A ball penetrating the vertical plane of the net over or below the net whether over or outside the court (or antennas), may be returned to the attacking team's side by an attacking player provided the ball has not fully passed beyond the plane of the net. A ball penetrating the vertical plane above the net may be played by either team. **H)** You may not **ATTACK** the ball on the opposite side of the net. A spiker who contacts the ball on his side or above the net may follow through across the net with his hands or arms.

BACK LINE ATTACKER: A back line player returning the ball to the opponent's side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area. The restriction does not apply if the back line player jumps from clearly behind the attack line, and, after contacting the ball, lands on or in front of the line.

DOUBLE FAULTS: A double fault occurs when opposing players simultaneously commit faults. In such case, the referee will direct a play over. If it can be determined that one fault clearly preceded the other, the first fault shall be penalized.

BALL IN PLAY/OUT OF PLAY: **A)** The ball is in play when legally contacted for the service. **B)** The ball is out of play when the referee's whistle ends a rally; however, if the whistle is due to a fault made in play, the ball is out of play from the moment the fault occurred. The ceiling & all its attachments above the playing area are now all playable or in play.

FORFEITS & GAME TIMES: Co-Rec teams must have 6 (Men's & Women's, 4) legal & eligible players present at the scheduled game time or else forfeit the first game. If 6(4) legal players are not on the end line when the referee blows the whistle for teams to enter the court, the offending team is charged with a **two** minute double time out. If they are still short of players after this period, the first game is forfeited. Fifteen minutes will then be given for time to field a team for the second game. If the team is still short of players, they forfeit the match.

CONDUCT: UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED! Only the coach or playing captain should address the referees during play. Depending on the severity of misconduct, the following sanctions will be given: Minor misconduct such as over demonstrativeness - No penalty (Verbal or Hand Warning); Unsportsmanlike conduct such as taunting, rudeness, or profanity - Point/Side out (yellow card); Major misconduct such as threats or intimidation - ejection (red card). Any player ejected from a game is automatically suspended from the remainder of that match plus the next scheduled match or possibly longer depending on the severity of the misconduct.